

EMPLOYEE ASSISTANCE PROGRAM

MANAGING ANXIETY AND WORRY
DURING UNCERTAIN TIMES



OBJECTIVES

- Define the negative effects anxiety and worry has on your body.
- Identify thought patterns that lead to anxiety and worry.
- Demonstrate a formula to help navigate anxiety and worry.
- Describe some tips to help others deal with excessive anxiety and worry.
- Share additional support resources.

ANXIETY AND WORRY

- Constantly focus on “what might happen”.
- Feel an impending sense of doom.
- Unrealistic fears.
- Use unhealthy means to cope with fears.
 - Smoking
 - Overeating
 - Substance use



PHYSICAL EFFECTS OF ANXIETY AND WORRY

- Dry mouth.
- Difficulty swallowing.
- Racing heart.
- High blood pressure.
- Shortness of breath.
- Nausea.
- Diarrhea.
- Constipation.
- Headaches.
- Trouble sleeping.
- Poor concentration.
- Irritability.
- Dizziness.
- Nervous energy.
- Feeling weak & tired.
- Sweating .
- Muscle tension & aches.
- Trembling.
- Decreased immune response.

WHEN SHOULD I CONSIDER SEEKING HELP?

If you are experiencing one or more of these symptoms on most days:

- Worry a great deal about everyday things or things out of your control.
- Have trouble controlling your constant worries.
- Know you worry much more than you or others think you should.
- Unable to relax.
- Have a hard time concentrating.
- Easily startled.
- Have trouble falling or staying asleep.
- Feel tired all or most of the time.
- Have headaches, muscle aches, stomachaches, or unexplained pains.
- Tremble or twitch.
- Irritable, sweat excessively, and/or feel light-headed or out of breath.

USING SELF-COACHING WITH ANXIETY AND WORRY

Analyze the situation

Evaluate the accuracy of your thoughts

Improve upon what you can control

ANALYZE YOUR SITUATION

What are you anxious and worried about?

- Write down all the things you worry about.
- Select three things you worry about the most.
- Write down why you are worried about these three things.
- Scale the intensity of your worry.

EVALUATE THE ACCURACY OF YOUR THOUGHTS

What evidence do you have that these things are true?

- “Am I blowing this out of proportion from the facts?”
- “Am I focusing on the negative and minimizing the positive?”
- “Am I jumping to conclusions?”
- “Am I taking this too personal?”
- “Am I putting unrealistic expectations on myself and others?”

If these things are true, what can I do about it?

- “How can I deal with this?”
- “What are my options?”

IMPROVE UPON WHAT YOU CAN CONTROL

What do you have control over?

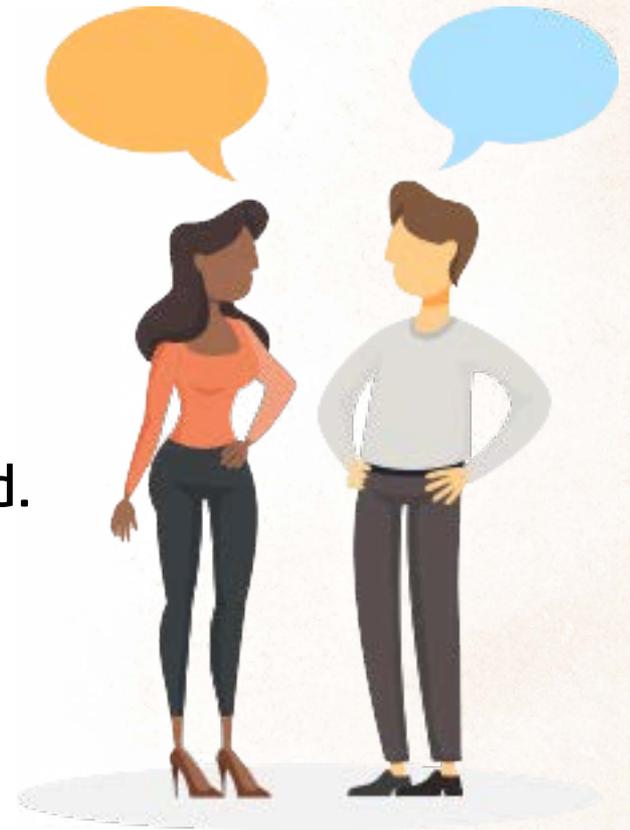
- “How can I turn my thoughts into action steps?”

1. Schedule a family meeting to talk to my kids about health and safety practices.

2. Demonstrate and practice health and safety practices with my kids.

SUPPORTING OTHERS

- Educate yourself.
- Reinforce positive behavior.
- When measuring success, don't compare.
- Help to set realistic goals.
- Ask how you can help.
- Encourage him/her to seek help if needed.
- Stay connected through technology or by phone.



REFERENCES & RESOURCES

Anxiety and Depression Association of America (ADAA) (2013). Spouse or partner. Retrieved October 23, 2013, from <http://www.adaa.org/finding-help/helping-others/spouse-or-partner>.

Carnegie, D. (1984). How to stop worrying and start living (6th ed., pp. 16-18). New York: Simon & Schuster, Inc.

Estroff-Marono , H. (2013). In Psychology Today. Our brain's negative bias. Retrieved October 17, 2013, from <http://www.psychologytoday.com/articles/200306/our-brains-negative-bias>.

FamilyDoctor.org (2010). Mind-body connection: How your emotions affect your health. Retrieved May 17, 2013 from <http://familydoctor.org/familydoctor/en/prevention-wellness/emotional-wellbeing/mental-health/mind-body-connection-how-your-emotions-affect-your-health.html>.

Leahy, R. (2009). Fifth week: Overcome your worry by overcoming your fear of failure. Retrieved August 20, 2013 from <http://www.psychologytoday.com/blog/anxiety-files/200901/fifth-week-overcome-your-worry-overcoming-your-fear-failure>.

How to Stop Worrying: Self-Help Strategies for Anxiety Relief http://www.helpguide.org/mental/anxiety_self_help.htm.

Mayo Clinic Staff (2013). Stress symptoms: Effects on your body and behavior. Retrieved October 24, 2013, from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>.

REFERENCES & RESOURCES

National Institutes of Health and the Friends of the National Library of Medicine (NIH & NLM) (2008). How to fight stress and ward off illness. Retrieved June 13, 2013 from <http://www.nlm.nih.gov/medlineplus/magazine/issues/winter08/articles/winter08pg5-6.html>.

National Institute of Mental Health (NIMH) (2009). Anxiety disorders. Retrieved October 23, 2013, from <http://www.nimh.nih.gov/health/publications/anxiety-disorders/nimhanxiety.pdf>.

National Institute of Mental Health (NIMH) (2010). Generalize anxiety disorder (GAD): When worry gets out of control. Retrieved October 17, 2013, from <http://www.nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad/index.shtml>.

Scott, E. (2009). Common symptoms of too much stress: What are your stress symptoms? Retrieved June 6, 2013 from http://stress.about.com/od/understandingstress/a/stress_symptoms.htm.

The American Institute of Stress (AIS) (n.d.). Americas #1 health problem. Retrieved May 30, 2013 from <http://www.stress.org/americas-1-health-problem/>.

WebMD, (2013). How worry affects the body. Retrieved August 20, 2013 from <http://www.webmd.com/balance/guide/how-worrying-affects-your-body?page=2>.

YOUR EMPLOYEE ASSISTANCE PROGRAM

Call toll-free

(866) EAP- 4SOC (866) 327- 4762
TDD (800) 424-6117*

or visit us at eap.calhr.ca.gov 24 hours a day/7 days a week

Thank you!

For additional resources, visit

Magellan Healthcare COVID-19 Response
magellanhealthcare.com/covid-19-2/covid-19/

CONFIDENTIAL INFORMATION

The information presented in this presentation is confidential and expected to be used solely in support of the delivery of services to Magellan members. By receipt of this presentation, each recipient agrees that the information contained herein will be kept confidential and that the information will not be photocopied, reproduced, or distributed to or disclosed to others at any time without the prior written consent of Magellan Health, Inc.